

MR HEALTHY; LESSON PLAN



LESSON;	How can you achieve a balanced diet?
AGE;	KS2
AIMS;	Coach how to create a balanced diet.
OBJECTIVES;	1) Plan a balanced breakfast, 2) and understand what constitutes a balanced lunch and dinner. 3) Name 7 ways of ensuring 7 a day. 4) appreciate the need to move more and eat smart. 5) Define Pasta 6) and name 6 pasta shapes 7) understand why pasta makes us go faster and learn faster. 8) Explain the effect of diet on teeth.
FOOD FOCUS;	Pasta

TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.00, 4 mins	True or false (refresh and reinforce)	1—9, sess 3	Questions, chairs, sheets, markers
09.04, 1 min	The toast “ To Pasta, cause it makes you learn faster”	7	Plastic cups, fresh passion fruit juice
09.05, 1 mins	The twist, memory exercise “Al dente”	7	
09.06, 4 mins	Screen 1; The balanced diet pyramid! (Q & A)	2 & 3	Projector, screen, prizes
09.10, 1 mins	Screen 2; Spot the pasta? Spaghetti (Q & A)	6	Projector, screen, prizes
09.11, 1 mins	Screen 3; Spot the pasta? Lasagne (Q & A)	6	Projector, screen, prizes
09.12, 4 mins	The great Lasagne race (Balance your sheet like your diet)	6	Markers, lasagne sheets
09.16, 2 mins	Screen 4; Do you know your pasta? (Q & A)	5	Projector, screen, prizes
09.18, 4 mins	Screen 5; Shake up and wake up! The ideal way to start your day! (Q & A)	1	Projector, screen, prizes
09.22, 1 mins	Screen 6; Spot the pasta? Fusilli (Q & A)	6	Projector, screen, prizes
09.23, 1 mins	Screen 7; Spot the pasta? Macaroni (Q & A)	6	Projector, screen, prizes
09.24, 5 mins	Holy Macaroni!!	6	Bowls, Macaroni, straws

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TIME;	ACTIVITY;	OBJECTIVES;	RESOURCES;
09.29, 2 mins	Screen 8; What is Al Dente? (Q & A)	5 & 7	Projector, screen, prizes
09.31, 2 mins	Screen 9; “7 a day” (Q & A)	2 & 3	Projector, screen, prizes,
09.33, 5 mins	Let’s Move!	7	Music
09.38, 2 mins	Screen 10; How can I eat more fruit? (Q & A)	3 & 4	Projector, screen, prizes
09.40, 1 min	Screen 11; Spot the pasta? Conchiglie (Q & A)	6	Projector, screen, prizes
09.41, 2 mins	Screen 12; What is a 7 a day portion? Part 1 (Q & A)	3 & 4	Projector, screen, prizes
09.43, 1 min	Screen 13; Spot the pasta? Tagliatelle (Q & A)	6	Projector, screen, prizes
09.44, 2 mins	Screen 14; What is a 7 a day portion? Part 2 (Q & A)	3 & 4	Projector, screen, prizes
09.46, 1 min	Screen 13; Spot the pasta? Canoloni (Q & A)	6	Projector, screen, prizes
09.47, 1 min	Screen 14; “Get to the root of” (Q &A)	8	Projector, screen, prizes
09.47, 2min	Screen 15; Course review, Let your head look after your heart	Sess’s 1,2,3&4	
09.49, 1 min	The twist, memory exercise “Al dente”		
	Visit the web and get cooking, give yourselves a round of applause		
	Extension Exercises;		
4 mins	Save the Coach (programmerevision)	Sess’s 1,2,3&4	Projector, screen, prizes, questions
6 mins	“All tied up” The Spaghetti race	6	Markers